

## Directions

**Union County College**  
**Roy Smith Theatre**  
1033 Springfield Avenue  
Cranford, NJ 07016  
**908-709-7000**

**From the Garden State Parkway (South):** Exit 137 (Roselle Park, Cranford), turn right onto North Ave./Route 28 (Westfield Ave.). Proceed west to Springfield Ave. and turn right. The College is 3/4 of a mile on the left.

**From Route 22 (East or West):** Exit at Springfield Ave. and proceed east towards Westfield. Pass through four traffic lights. Just before the fifth traffic light, turn right onto Springfield Ave. (County Road 615). Proceed to the traffic light, where the College is on the right.

**Parking:** From Springfield Ave., turn into the campus at the light. Park in Lot #2 and please enter the Richel Student Commons through the glass doors of the large building at the back of the campus.

## Adult Day Services

For caregivers attending the workshop, the Union County Department of Human Services Division on Aging and Disability Resource Connection/ADRC is offering adult day services on the morning of the conference.

**Participation must be pre-arranged and confirmed by October 30.**

**Services will be provided at:**

The Gateway Family YMCA  
W.I.S.E. Adult Day Center  
United Methodist Church  
2095B Berwyn Street  
Union, NJ 07083

**908-687-2995**

Alzheimer's New Jersey®

425 Eagle Rock Avenue, Suite 203  
Roseland, NJ 07068

**1-888-280-6055**

**alznj.org®**

Alzheimer's New Jersey®  
presents

## Alzheimer's Disease: Approaches to Care



**Saturday, November 3, 2018**

8:30 a.m. – 12:30 p.m.

**Union County College**  
Cranford, NJ

A caregiver workshop presented with



**UNION COUNTY**  
DIVISION ON AGING AND DISABILITY  
RESOURCE CONNECTION/ADRC

**Union  
County  
College**  
*Transforming Our Community...  
One Student at a Time*

# REGISTRATION

## Alzheimer's Disease: Approaches to Care

**Saturday, November 3, 2018**

**8:30 a.m. – 12:30 p.m.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

☐ **YES**, I would be interested in using the **FREE adult day service** provided during the workshop by the Union County Department of Human Services Division on Aging and Disability Resource Connection/ADRC at the Gateway Family YMCA's W.I.S.E. Adult Day Center. **Must be arranged by October 30.**

Participant's Name (for adult day service)

This is a free seminar, however, seating is limited.

This Conference is produced for Union County residents but family caregivers of Essex and Middlesex Counties are welcome to register.

### To Register:

- 1 Mail completed form to the return address
- 2 Call **1-888-280-6055** or fax **973-586-4342**
- 3 Online at **alznj.org®**

For more information, call **973-586-4300**

# Agenda

8:30 – 9:00 a.m.

## Registration, Exhibits & Continental Breakfast

9:00 – 9:15 a.m.

### Welcome and Introductions

Fran Benson

*Executive Director*

Union County Division on Aging and  
Disability Resource Connection/ADRC

Professor Toby Marx

Union County College

Kenneth C. Zaentz, CFRE

*President and CEO*

Alzheimer's New Jersey

9:15 – 10:45 a.m.

## Alzheimer's Disease: Responding to Medical and Psychological Needs

Matthew E. Barnas, MD, DFAPA

*Geriatric Psychiatry*

Pelorus Elder & Behavioral Health

10:45 – 11:00 a.m.

### Break and Exhibits

11:00 a.m. – 12:00 p.m.

## Loss, Grief and Alzheimer's: Caring for the Caregiver

Connie Palmer, LCSW

*Clinical Training Director*

Imagine, A Center for Coping with Loss

12:00 – 12:30 p.m.

## Services and Supports for Caregivers

Donna Farrell

*Outreach Coordinator*

Union County Division on Aging and  
Disability Resource Connection/ADRC

# Conference Overview

A diagnosis of Alzheimer's disease can be life-changing for the person with dementia and the entire family. Over time, individuals with Alzheimer's will need increasing support with all aspects of daily life and families often assume those responsibilities. As care needs of their loved ones increase, family caregivers are at risk of experiencing high levels of stress, which can impact both their physical and psychological well-being.

In a 2017 telephone survey of caregivers conducted by Fairleigh Dickinson University's PublicMind on behalf of Alzheimer's New Jersey, more than four in five (85%) said that caring for someone with Alzheimer's disease has had a negative impact on their emotional health; and 60% said that caregiving affected their physical well-being.

Becoming educated about the disease and treatment options, about caregiving and self-care strategies, and about local resources are important steps toward providing care focused on quality of life. Family caregivers need information, resources, and tools. Getting support is vital.



This free half-day conference for family caregivers will:

- Provide a medical overview of the disease and care and treatment options, including strategies for responding to changing needs and behaviors.
- Offer tools for caregiver self-care focused on support in coping with grief.
- Describe community services for caregivers and how to access them.